

Hazards of Heat

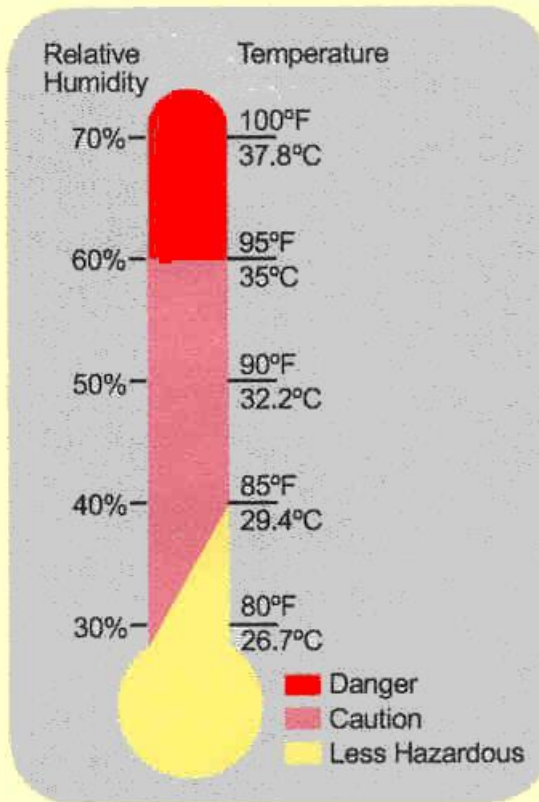
Prolonged exposure to hot temperatures poses severe risks to workers' health and safety.

Injury from heat exposure begins as **heat exhaustion** and, if untreated, can progress to **heatstroke**.

The Heat Equation

**HIGH TEMPERATURE + HIGH HUMIDITY
+ PHYSICAL WORK = HEAT ILLNESS**

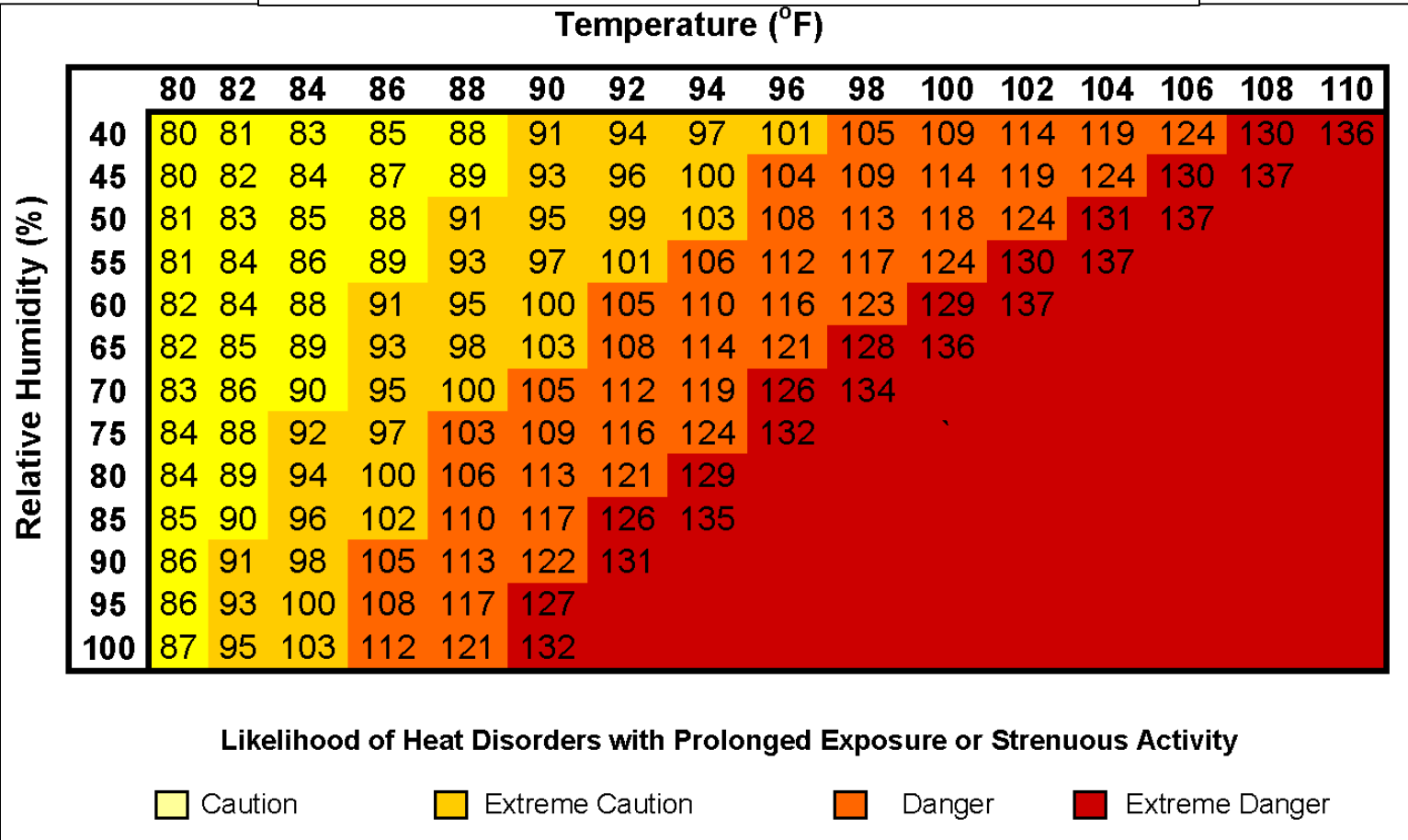
When the body is unable to cool itself through sweating, **serious** heat illnesses may occur. The most severe heat-induced illnesses are heat exhaustion and heat stroke. If left untreated, **heat exhaustion** could progress to **heat stroke** and possible **death**.



Heat is the number one weather-related killer in the United States, resulting in hundreds of fatalities each year.

In fact, on average, **excessive heat claims more lives each year** than floods, lightning, tornadoes and hurricanes *combined*.

NOAA's National Weather Service Heat Index



IMPORTANT: Since heat index values were devised for shady, light wind conditions, **exposure to full sunshine can increase heat index values by up to 15°F.**

Also, **strong winds**, particularly with very hot, dry air, can be extremely hazardous.

HEAT EXHAUSTION

Symptoms

- Faint or Dizzy
- Headache
- Profuse Sweating
- Irritability
- Weak, Rapid Pulse
- Shallow Breathing
- Pale, Cool, Clammy Skin
- Nausea or Vomiting
- Muscle Cramps

Treatment

- 1) Have victim lie down in a cool shaded area or air conditioned area.
- 2) Drink water if victim is conscious.
- 3) Use caution when victim stands up, apply cold compresses.



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HEAT STROKE

Symptoms

- Absence of Sweating
- Pulsating Headache
- Hot, Red, Dry Skin
- High Body Temp: Above 103
- Nausea or Vomiting
- Strong, Rapid Pulse
- Confusion
- Convulsions
- May Lose Consciousness

Treatment

1) DIAL 911

- 2) Take action to cool victim by any means. Place victims in a cool area, wrap in wet towel, sponge victim with cool water.

How to *Prevent* Heat-related Injuries



- Start work slowly and schedule strenuous activities to be completed early in the day.
- Drink cool water and/or Gatorade, 8 ounces every 20-30 minutes. Do not drink caffeinated beverages, as they dehydrate further.
- Take frequent shade breaks to cool down.
- Wear light-colored, loose, and light-weight clothing.
- Pay attention to how you feel.
- Try to limit sun exposure.
- Wear sunscreen and reapply every 2 hours.
- Wear a hat and sunglasses.

